

MITCHELL D. HALL

Racing Objectives:

Finish in the top 100 at the HAWAII IRONMAN, have podium finishes at the 3 big city races in Los Angeles, Chicago, and New York, and consider drawing my Pro Card at the end of the 2006 season. Additionally, I will represent the US Navy in an effort to increase SEAL Team exposure. The following is my projected 2006 race schedule:

Date	Race
February	Fiesta Island Time Trial
February	Boulevard Road Race
February	Armed Forces Cross-Country Nationals (New York)
March	Fiesta Island Time Trial
March	Ralph's California Half Ironman, San Diego (Hawaii Qualifier)**
April	Arizona Ironman, Tempe (Hawaii Qualifier)**
May	Wildflower Triathlon, Lake San Antonio, - - CA (Olympic Distance)
May	San Luis Rey Road Race, San Diego
May	Memphis in May Triathlon (Olympic Distance)
June	Mooseman (New Hampshire)
June	Escape from Alcatraz (San Francisco)
June	Armed Forces Triathlon National Championships (Ventura)**
July	Age Group Nationals, Kansas City, MO**
July	New York City Triathlon (Olympic Distance)**
August	Accenture Chicago Triathlon (Olympic Distance)**
August	Timberman Half Ironman, New Hampshire
September	City of Los Angeles Triathlon**
September	Superfrog Half Ironman, San Diego
October	HAWAII IRONAMAN**
November	Treasure Island Triathlon, San Francisco

** 2006 priority races

Competencies and Qualifications:

- Naval Instructor Course of Instruction
- Naval Leadership Course of Instruction
- Extensive Media Training
- Highest Ranked E-6 at command for the 2004 evaluation period
- Selected as 2004 All American by USA Triathlon

<http://video.msn.com/v/us/v.htm?g=fc36d1f1-420a-a188-119b6ef687e9&f=email>

http://www.news.navy.mil/search/display.asp?story_id=20717.

<http://www.news.navy.mil/management/videodb/player/video.aspx?ID=5800>

<http://msnbc.msn.com/id/9654279/>

Significant Achievements and Race Results:

Date	Race	Division place	Overall	Time
17 Mar 01	Shamrock Marathon (1 st marathon)	3 rd	27 th	2:51:43
15 May 04	Military National Championships	4 th	11 th	2:01:37
23 May 04	Carlsbad Triathlon pro/elite division	8 th	8 th	1:13:40
12 Sep 04	Los Angeles Triathlon	1 st	2 nd	2:10:37
25 Sep 04	Superfrog Half Ironman	1 st	2 nd	4:25:40
19 Mar 05	Ralph's California Half Ironman	3 rd	25 th incl pro's	4:27:14
18 Jun 05	Military National Championships	2 nd	4 th	1:54:17
25 Jun 05	Military World Championships	2 nd American	36 th	1:51:45
10 July 05	New York City Triathlon	1 st	3 rd	1:59:30
31 July 05	Vineman Half Ironamn	1 st	6 th	4:20:57
11 Sep 05	Los Angeles Triathlon	1 st	4 th	2:03:15
17 Sep 05	Superfrog Half Ironman	1 st	1 st	4:23:02
15 Oct 05	Hawaii Ironman (1 st attempt)	48 th	207 th	9:39:40
07 May 06	Wildflower Tri (Olympic)	1 st	2 nd	2:04:46
21 May 06	Memphis in May Tri	1 st	6 th	1:56:24
11 Jun 06	CBR CA State TT (40K)	1 st	3 rd	53:10
30 July 06	Vineman Half Ironman	1 st	4 th	4:19
27 Aug 06	Chicago Accenture Triathlon (Oly)	1 st	1 st	2:04
10 Sep 06	Los Angeles Triathlon	3 rd	3 rd	2:01

